MOVEmental
TRAINING COURSE

MOVEmental

Dates: 1-8.11.2022

Place: Sofia, Bulgaria

ФПКО
FECE

Funded by
the European Union

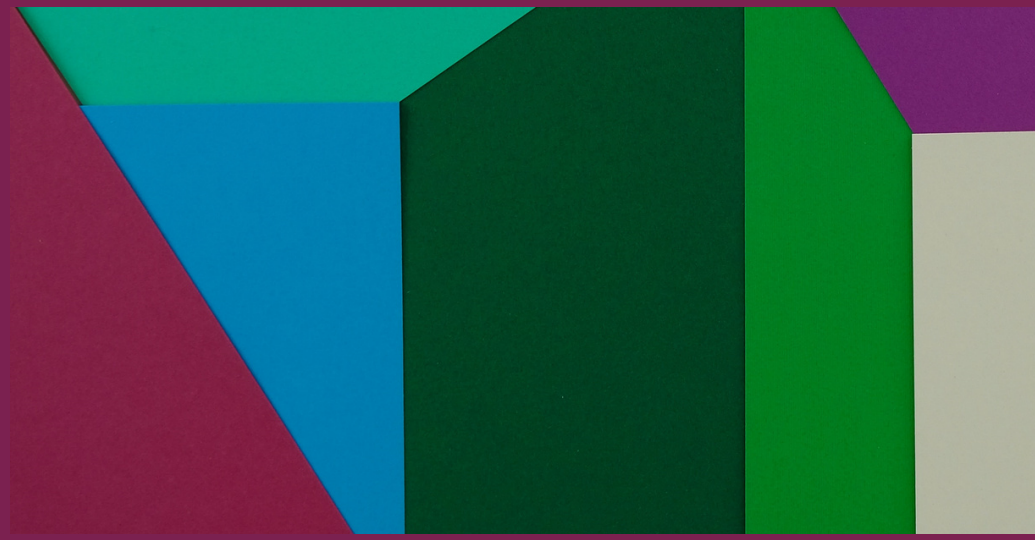
If you received this info pack that means you are one of the people who will participate in the training course MOVEmental!

The following pages contain important information about the project and the hosting organisation.

Please read them carefully!

MOVE mental

Training course



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About Us

Foundation for Entrepreneurship, Culture and Education is an youth and cultural NGO, founded in 2014, based in Sofia, Bulgaria.

Our mission is to promote, assist and support the development of culture, education, innovation and the entrepreneurial qualities of young people and people with fewer opportunities. The organisation promotes freedom of cultural expression, encourages and organises creative initiatives in different fields of art, culture, media and education in an independent and creative nature.

Our vision is to empower different communities and target audiences through arts, culture and education. FECE provides support for the organisation and implementation of cultural events, seminars, research activities and conferences.

MOVEmental
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ABOUT
The TC MOVEmental

The MOVEmental training course aims to create a community of creative people to generate ideas together through experiential learning, creative embodiment laboratory and NFL practices. They will have the opportunity to exchange experiences, share best practices, learn methods and exercises to help train the eye and come up with new innovative ideas. By exploring their surroundings and trusting their senses they will learn how to research through exercises, generate ideas, and push them to their limits.

The multidisciplinary approach and the integration of different means of expression seek to trace the same concepts in different contexts, thus creating clearer connections and engaging youth workers and artists in the cultural and creative processes of their communities.

Participants: 3 youth workers/emerging artists per group (no age limit)

Language: The project will be run in English

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Our Objectives

To develop the process of enabling cultural activities, including the arts, and cultural and creative industries, towards the realisation of a culturally rich, cohesive and vibrant community and society.

- To raise skills and competences, such as adaptability, creative thinking, interpersonal and leadership skills
- To bring a deeper understanding of the role of culture and the arts in creating sustainable social and economic development, job creation and social cohesion

- To get acquainted with the the different cultural forms of expression and NFIL methods supporting cultural-based creativity
- To foster youth creativity through enhanced international cooperation in the development of culture and innovation
- To promote cooperation between cultural and creative sectors towards the creation of culturally rich and vibrant communities

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Accommodation and meals



The TC MOVEmental will take place in Hotel Light, Sofia, Bulgaria. The hotel is located close to the city centre with access to key cultural spots. All double rooms are air-conditioned and offer a private bathroom.

FECE undertakes accommodation and meal expenses. This includes breakfast, lunch and dinner, as well as coffee breaks. The participants will receive a questionnaire about their nutritional needs.

37 Veslets Str., Sofia 1202



ARRIVAL DAY

01.11.2022

Before 06:00 pm

PROGRAMME

START of the programme:
02.11.2022

END of the programme:
07.11.2022

DEPARTURE DAY

08.11.2022

After 10:00 am

Programme 08

The whole programme for the TC MOVEmental will be shared with all participants a few weeks before the starting of the training course.

Einstein famously remarked: “The important thing is to not stop questioning. Curiosity has its own reason for existing.”

Have a look at some of the topics that will be covered:

- Creative thinking
- The Art of Seeing Art
- FLOW state of mind
- Learning styles & authentic expression
- Creativity stages
- IQ, EQ, CQ Integration
- Connectivity



European Health Insurance Card:
If you do not possess the card, you can get it easily. You should go to the office recharged with health affairs, and ask for your European Health Card. It is a little blue plastic card, and you can get it free. It is valid in every EU country for 1 year. Alternatively, any other insurance is welcome (organisers are not covering insurance costs).

Insurance: Personal and medical insurance are responsibility of the individual participant. We will not be responsible for any loss of luggage, currency or personal effects, or any medical costs.

We recommend participants to have the European Health Card.

SOS number Bulgaria: 112



The Bulgarian national monetary unit is the Lev (BGN), divided into 100 stotinki. At the present rate of exchange 1,00 USD/ 1,00 EUR is approximately equal to 1,95 BGN.

We strongly advise you to exchange currency ONLY IN BANKS; The work hours of any bank in Bulgaria are every weekday from 9:00 to 17:00.

COVID-19: We will update you regularly on the current COVID-19 situation in Bulgaria. Details on travelling will be sent to all participants one week before the start of the course.



Reimbursement 10

The organisers with the support of Erasmus+ Programme will cover unit costs of your travel expenses according to the budget for each country (per person) as follows:

Slovakia: 275 EUR
Lithuania: 275 EUR
Czech Republic: 275 EUR
Greece: 275 EUR
Romania: 180EUR

NOTE: YOU MUST KEEP ALL YOUR TRAVEL TICKETS AND BOARDING PASSES

We will accept costs only for the travel documents you send to us (tickets, boarding passes (both directions) receipts for fuel and bus tickets).

List of partner organisations: Youth for Equality (SK), TAVO Europa (LT), European Youth Centre Břeclav (CZ), MULTIKULTI (RO), Entrepreneurship and Social Economy Group (GR), Foundation for Entrepreneurship, Culture and Education (BG)

***Travel costs from home to the venue of the project and return. To receive the reimbursement for transportation, please keep ALL original invoices, tickets, boarding passes or any other transport document.

The money will be given at the end of the project via bank transfer, upon completion of the EU Survey.

СОФИЯ, БЪЛГАРИЯ
SOFIA, BULGARIA
foundation.ece@gmail.com

Experience in the cultural and creative sectors is a plus, but not a must. Just bring your enthusiasm and live the event in its proper and cheerful mood! We encourage participants to be an active part of this project, embracing responsibility and enjoy the cultural side of this experience!

If you have any other questions, please feel free to contact us:
E-mail: foundation.ece@gmail.com
Web: https://foundationece.eu/
FB: @foundationece

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